NATURAL **FLEA AND TICK REPELLENTS** PG. 47

THE Herb COMPANION

Grow • Cook • Heal

JULY 2010

PLANT A BED OF BASILS!

BACKYARD DELICACIES: 16 WILD PLANTS

HARVEST COLOR: PLANT A DYE GARDEN

GARDEN EXPERT: MULCH Q&A

4 NO-COOK HERB SAUCES



This refreshing Basil Limeade recipe can be found on Page 32.

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The Peak-of-Summer Issue

On the cover: This summer, harvest backyard delicacies; try exotic basils; stay cool with no-cook sauces; plant a dye garden; free your pets from fleas and ticks; and more.

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Cover photo: Howard Lee Puckett

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ONLINE EXCLUSIVES

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+ See images of native plants: *www.herbcompanion.com/edibleplantsguide.*
+ Extra mulch Q&A at *www.herbcompanion.com/howtomulch.*
+ Find a bonus basil recipe at *www.herbcompanion.com/basilpotatorecipe.*
+ More about medieval herbs at *www.herbcompanion.com/thecloisters.*
+ Learn about the tableware from the basil feature on Page 24 at: *www.herbcompanion.com/basilbehindthescenes.*
+ Watch a video on our homepage at *www.herbcompanion.com.*
+ Enter our sweepstakes at *www.herbcompanion.com/listoflikes.*

THE Herb COMPANION

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Paradise Found


Taylor Cole Miller

Moving to New Mexico in my 30s opened entire worlds for me. Having lived in Oklahoma all my life, I suddenly found myself surrounded by mountains and desert. The climate took some getting used to, but the local saying, "Just another perfect day in paradise," lets you know what a challenge *that* was. Spanish is spoken throughout New Mexico and it was a pleasure to hear that liquid language wherever I went, accompanied frequently by the bouncy rhythms of ranchero tunes on the radio.

The new life that blossomed most abundantly for me in The Land of Enchantment was the world of flavor that greeted my eager palate. I tasted homemade tamales for the first time and thought my mouth would explode with happiness. When I tasted actual *chile*—not Tex-Mex chili—the first time, I thought my head would explode, period. I soon learned to appreciate the flavor underneath all that heat. Chimayó red chile, I discovered, is the sweetest you'll ever taste, and Hatch green chile has a flavor found nowhere else on Earth.

Cooking became a whole new game as I attempted to figure out what went into this sauce or that side dish. One flavor, though, kept eluding me. I tasted it in beans, in some stews and as a flavorful undertone in the *mole* I found at restaurants in my neighborhood. It wasn't cilantro, though it had some of the same notes, and was way too strong-tasting to be lemon balm, though it had a lemony *ping* to it. I wasn't even certain I liked it, but I felt I needed to get to the bottom of the mystery.

It turned out to be epazote (*Chenopodium ambrosioides)*, the humble, weedy herb Dawna Edwards details on Page 52 in this issue. If our article inspires you to try some, add a sprig at a time to make sure you don't overpower other, more subtle flavors. In addition to adding a slightly exotic subtext to your beans or sauce, its carminative qualities will help reduce some of the less pleasant side effects of those beans and chiles.

If you weren't hungry when you opened this issue, we imagine you will be by the time you put it down. As we started seeing the photos for the basil story (Page 24) and no-cook sauces (Page 34), they made us want to drop everything and go garden, cook and eat—and we're hoping they have the same effect on you.

We'd love to know what you're up to this season, so please e-mail your letters and/or digital garden photos to *editor@herbcompanion.com*. We also like actual, physical letters and old-fashioned photos. We'll send them back to you if you include a SASE to our mailing address: 1503 SW 42nd St., Topeka, KS 66609.

We want your input as we plan our 2011 editorial calendar, so use that e-mail address to join our online advisory group as well. We're considering doing phone and web seminars on various topics, from fairy gardening to mulch to aromatherapy and want to know what interests you and what experts you'd like to hear from.

Happy herb-ing!

K.C.

K.C. Compton, Editor in Chief



A New Twist

Recently, Vicki Hvid at *Leaning Vegetarian* blogged about our recipe for garlic soup from the May 2004 issue. She took a photo of her vegetarian version, above. To see her step-by-step photos, visit *www.leaningveg.com/2010/03/caldo-de-ajo-garlic-soup/.* Tell us about the herbs in your life, whether it's on your blog or ours. That's right: You can blog for us! Join the community by e-mailing *editor@herbcompanion.com.*

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At Florida Crystals, we understand the importance of making a positive, lasting impact on our communities and the world around us. We take pride in our quality pure cane sugar products and we maintain green business practices, like our eco-friendly farming and clean, renewable energy production. In fact, Florida Crystals® Organic and Natural Sugars are the first American sugar products to be Carbon*Free*® certified by Carbonfund.org.

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Organic Peaches & Cream *Cheesecake*

Crust

1 1/4 cups graham cracker crumbs
2 tbsp. Florida Crystals® Organic Granulated Sugar
1/4 cup butter, melted

Filling

1 cup organic peaches, peeled and sliced (1-2 medium peaches)
3/4 cup Florida Crystals® Organic Granulated Sugar, divided
2 (8 oz.) packages cream cheese, softened
2 large eggs
1/2 tsp. vanilla

Glazed Topping

1/2 cup Florida Crystals® Organic Granulated Sugar
1/2 cup water
2 tbsp. light corn syrup
2 cups organic peaches, peeled and sliced

Preheat oven to 350°F. In medium bowl, combine ingredients for crust, mix well. Press evenly into bottom of greased 8" spring-form pan. Bake 10 min. Remove from oven and cool. Leave oven on. Purée peaches and 1/4 cup of sugar in food processor until smooth; set aside. Beat cream cheese on medium speed, gradually adding remaining sugar until smooth. Add eggs one at a time. Beat until smooth. Add vanilla and puréed peaches. Gently, blend well. Pour mixture into crumb crust. Place pan of hot water on the bottom rack of oven. Place cheesecake in oven center above water. Bake at 350°F for 1 hr. and 15-20 minutes or until set. Remove from oven, cool completely. Cover and chill.

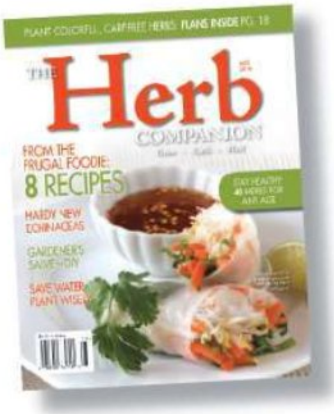
Glazed Peach Topping

Combine sugar with water and corn syrup in a large skillet. Bring to a boil over medium heat, stirring occasionally. Boil 2-3 min. without stirring. Fold in peach slices, reduce heat and simmer 1-2 min. Do not overcook. Remove peaches from syrup and cool. Reserve syrup and hold at room temperature.

To serve, arrange peaches over top of cheesecake and drizzle with reserved syrup.



How to Find Us



Dear *Herb Companion*,

I like the e-newsletter, but I can't get a copy of your magazine, except one I found at a book sale. I re-read the one I have.

Janette Buhay
Magalang, Philippines

For all of our overseas and/or paper-conscious readers, we now offer digital subscriptions through Zinio. Search our name at www.zinio.com *to subscribe. —Eds.*

Planting Poppies

In the May 2010 article "Grow a Garden from Seed," you list opium poppy. I thought that this was illegal to grow in this country.

June Calvin
Oklahoma City, Oklahoma

The restrictions on opium poppy vary from state to state, and this species is prohibited in some locations. Instead, try Iceland poppy (Papaver nudicaule). *—Eds.*

Avoid Apricot Kernels

In the May 2010 article "The Frugal Foodie," the recipe for Simple Seed Syrup suggests using apricot kernels or cherry pits. Seeds from fruits of the rose family, such as cherries, apples and apricots, contain cyanogenetic glycosides, which upon ingestion release hydrogen cyanide gas through an enzymatic reaction. The glycoside *amygdalin* in these seeds is toxic. Deaths have been reported from ingesting apricot seeds. Roasting or cooking detoxifies the substance, so the boiling may do the same.

Marcia E. Herman-Giddens, PA, DrPH
Pittsboro, North Carolina

Several readers wrote in about the presence of glycosides that can be converted to cyanide in the gut. Many plants, including rose family seeds—as well as buckwheat, wheatgrass and other plants—contain amygdalin. We asked Lara Starr, author of The Frugal Foodie Cookbook, *from which the recipe is excerpted, about the safety of ingesting the seeds. "It's true that there are concerns about consuming raw apricot seeds, but it is my understanding that cooking them will destroy the enzymes needed to create hydrogen cyanide upon ingestion," she says. Bob Krieger, Ph.D., extension toxicologist at the University of California, agrees that cooking is said to detoxify the poison, but pointed out that every person's cooking methods will vary. The safest approach would be to avoid ingestion of apricot kernels and cherry pits altogether: Use the raspberry or blackberry option described in the Simple Seed Syrup recipe on Page 41 of the May 2010 issue instead. Proponents point out that it would take a huge amount of apricot pits to equal the lowest lethal dose for humans. But, better safe than sorry. —Eds.*

Chocolate Basil Update

Our hunt for chocolate basil has led us in a circle once again. In the May 2010 issue, reader Kelli Roberson responded to our March 2010 article "Chocolate Basil: The Herb-an Myth." Kelli said she purchased chocolate basil from Forget-Me-Not Garden Center in Lima, Ohio. Unfortunately, her planting has since died and she thinks it might not have been chocolate basil at all. Owner Greg Austin says that last year his nursery had what they thought was chocolate basil, acquired from a private garden. However, their herb specialist speculates that it might actually have been an accidental hybrid. Austin says he will keep us posted on any news. —Eds.



Join the Giveaways

Congratulations to Sara O'Shea, Brenda Davis and Lauren Benard. By commenting on our blog entry "Grow Your Own Vegetable Soup" (*www.herbcompanion.com/vegetablesoup*), these three *Herb Companion* readers won a packet of broccoli romanesco seeds, courtesy of The Cook's Garden. Visit our website for more online giveaways!

Summer Garden Guide: Know Your Zone





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Before you add another plant to your garden, ask yourself: Will it survive both the lowest and highest temperatures in my region? If not, are there any cultivars or species of the plant that are more cold- or heat-tolerant? Refer to the USDA Plant Hardiness Zone Map and the AHS Plant Heat-Zone Map—they can help you in your quest for the best herbs to grow in your region.

USDA Plant Hardiness Zone Map

This map divides the United States into 11 zones and is based on average minimum temperatures. Plants are assigned a zone based on how low a temperature they can survive. Each zone differs by 10 degrees. The map was created in 1960 and included 10 zones. The 11th zone was added during a 1990 update; at this time, some zones were further subdivided into "a" and "b" regions.

Pros: This map is the most commonly used zone map and is very easy to use. It helps gardeners identify which plants will survive in their region's lowest temperatures and is a great starting point for beginning gardeners.

Cons: This map only takes into account minimum temperatures; it doesn't consider maximum temperatures, which can make or break a plant; degrees of dryness or moisture; light requirements; or plants' preferred soils.

AHS Plant Heat-Zone Map

This map, created in 1997, divides the United States into 12 zones and is defined by the average number of days the region's temperature exceeds 86 degrees. Plants' zones are based on how high a temperature they can tolerate. In Zone 1, the temperature reaches 86 degrees less than one day a year; in Zone 12, the temperature exceeds 86 degrees more than 210 days per year.

Pros: Since cold hardiness is not the only factor in a plant's survival, this map was created for gardeners interested in heat-tolerant garden design. It also addresses temperature increases and global climate change concerns. It helps gardeners identify which plants can survive in their region's highest temperatures.

Cons: This map is not as widely used as its predecessor. It also doesn't relate well to plants that require winter climates to thrive, such as cilantro or tulips, and faces similar challenges as the hardiness map: It doesn't address light requirements, unusual weather patterns or moisture conditions.

Check with your local extension service office for more information about your specific region. —Gina DeBacker

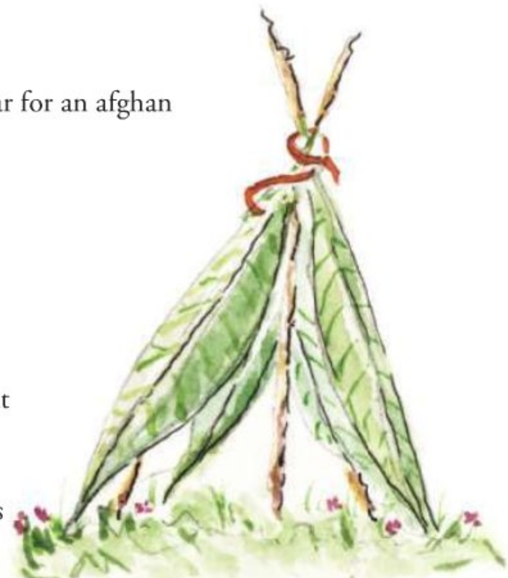
ONLINE EXCLUSIVE

Find the maps and links to resources at *www.herbcompanion.com/zonemaps.*

Fairy
Home Furnishings

Children (and many adults!) love fairies. You can make fairies a part of your favorite child's life by providing some areas for play and a ready supply of natural objects. Wherever you look outdoors, you'll find natural treasures to build and furnish a fairy house.

Chinese-lantern floor lamp
Pussy willows for fairy pillows
Curled leaf chaise with woolly lamb's ear for an afghan
Hollyhock footstool
Chestnut bed and rose-petal blanket
Scallop-shell headboard
Leaf-and-twig tepee
Rosehip teapot and acorn cups
Acorn birdhouse
Pinecone scales for shingles
Teapot with grapevine handle and spout
Mussel-shell bathtub
Thin rounds of branches for tables
Berries for architectural embellishments
Sycamore "button" for a modern lamp
Love-in-a-mist sugar bowl



Leaf-and-twig tepee

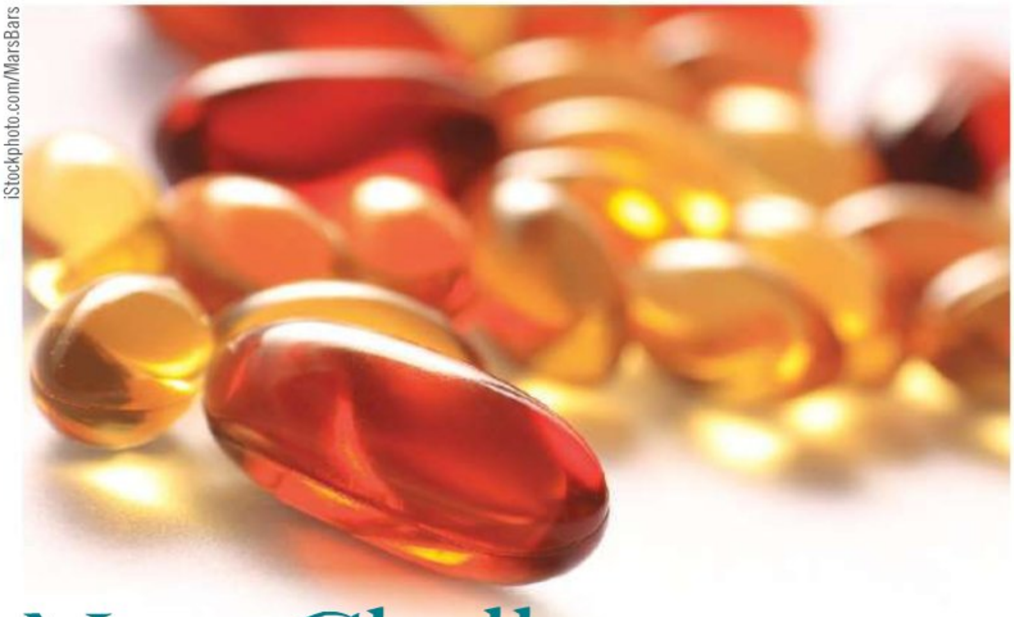
Excerpted from *Toad Cottages & Shooting Stars*. ©2009 by Sharon Lovejoy. Used by permission of Workman Publishing. All rights reserved.



We Like ...

USDA-certified organic Herb Kit by **ecosource Home & Garden**, $9.99
These kits come with a biodegradable planter, a saucer, potting medium, seeds and instructions. New kits include cilantro and rosemary. *www.ecosourceonline.com*





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New Challenges

to Dietary Supplements in the Senate

Fear not the Codex Alimentarius Commission (see "Conspiracy to Ban Herbs?" on Page 13). Real consumer fear should be directed toward national regulation rather than large international organizations. Our own legislators, in concert with professional sports leagues, pose a much greater threat to the future of dietary supplements. Proposed legislation may limit your choice of herbal products. Earlier this year, legislators attempted to introduce a bill that would tighten restrictions on supplements, which are currently defined as food under the Dietary Supplement Health and Education Act of 1994. Supplements do not require Food and Drug Administration (FDA) approval if the ingredient was marketed prior to 1994.

In February, Sen. John McCain (R-Arizona), and Sen. Byron Dorgan (D-North Dakota) announced co-sponsorship of The Dietary Supplement Safety Act of 2010, which proposes to require companies to identify all brands, products and ingredients in facility registrations; allow the FDA to solely determine what dietary supplements (herbs) can be sold; allow the FDA to remove any products they deem unsafe, adulterated or misbranded; make retailers responsible for making sure all of their suppliers are in compliance with laws and regulations; and other measures that could limit the availability of dietary supplements.

Coming on the heels of anti-doping initiatives dating to 2009, the bill was touted as an attempt to nix performance-enhancing drug hybrids marketed as dietary supplements. But making retailers responsible for compliance could be a problem for vendors of herbal supplements. Critics also pointed out that the bill allows for arbitrary measures on the part of the FDA.

In March, the senators stopped trying to pass the bill on its own, in part due to public outcry. Instead, parts of the bill are being added to the Food Safety Modernization Act, a bill that was introduced in 2009 and fell by the wayside. This year, the revived bill will work its way back into committees in the House and Senate. A good resource to keep up with this legislation is *www.opencongress.org*. —Steven Foster

The Herb Companion Investigates



Conspiracy to Ban Herbs?

Since the Codex Alimentarius Commission was formed in 1963, the group has been suspected of conspiracy. Consumers were alarmed that this international regulatory Codex, adopted by the World Trade Organization, would limit their choice in dietary supplements. The controversy keeps popping up online, where outdated information plagues worried readers.

Over the years, consumers have been concerned that this group would force legislation on the United States. The topic is especially inflammatory because, although not related to the Codex, the concern—limited access to supplements—is valid (see Page 12). Confounding the issue is the easy e-mail and long-term data storage of the Internet. According to *www.snopes.com*, the ubiquitous online myth-busters, two versions of a bill proposing the regulation of dietary supplements that were introduced in 2003 (but not even voted on) gave rise to a 2005 e-mail that continues to circulate, warning that, "your right to choose your vitamin, mineral and other supplements may end."

The Codex doesn't really affect dietary supplements, as most countries treat them as drugs. The United States puts vitamins and minerals in the food category, but that is a unique regulatory category. Ultimately, the Codex, formed by the Food and Agricultural Organization of the United Nations (FAO) and the World Health Organization (WHO), is a standardizing force in the international trade of food goods.

It does not trump national regulations, but affects harmonization of international trade. The Codex has developed standards related to foods and guidelines for limits on heavy metals, food additives, pesticides and contaminants in international trade. Sources such as the American Herbal Products Association (*www.ahpa.org*) and the Natural Products Association (*www.npainfo.org*)—trade associations whose members have a real interest in selling products—give explanations of the Codex to calm consumers' and manufacturers' fears. Search "Codex" on their websites for more information. —S.F.

Editor's Pick



Certified Organic Vanilla Hemp Protein Powder by **Manitoba Harvest**, $21.99

Get your daily omega-3 and omega-6 fatty acids with this hemp powder. We like blending 2 tablespoons with yogurt, carrot juice and a little pure vanilla extract for a morning smoothie. It's packed with protein and fiber, and is also soy- , gluten- and preservative-free. We also love the dark chocolate flavor. *www.manitobaharvest.com*





All images ©The Metropolitan Museum of Art

Featured Garden:

The Cloisters

Experience medieval herb gardens in New York City—and learn how to bring the tradition home.

If you're ever in New York City, be sure to discover the rich tapestry of colors, textures and fragrances of more than 250 medieval herbs thriving in not one, but three cloister gardens in Manhattan's Fort Tryon Park. This sacred green sanctuary is part of The Cloisters Museum and Gardens, a medieval art and architecture museum that's a branch of the Metropolitan Museum of Art.

Unique Medieval Gardens

"There are no other medieval gardens like this in the United States," says Deirdre Larkin, associate managing horticulturist of The Cloisters. "We grow 250 to 325 herbs, depending on the season. However, we don't cultivate each herb every year." The three gardens at The Cloisters (Bonnefont Garden, Cuxa Garden and Trie Garden) are all thriving re-creations of the herbs, flowers and other plants found in medieval life and art. As with the medieval gardens of old, they are carefully designed to appeal to all five senses. Strolling through these peaceful gardens, you can experience solace and renewal, much as monks did hundreds of years ago in the Romanesque and Gothic periods.

"In medieval Europe, the flora is dominated by spring blooming, so the best time to visit the Bonnefont Garden is in late May and early June," Larkin says. "Another nice time in the medieval garden is mid- to late-October, when plants have recovered from the summer heat and the quince trees are in fruit."

Herbal Inspiration

We all are greatly indebted to European medieval herbalists who cultivated herbs that have important culinary and medicinal applications in modern times. "Many of the herbs we value today were grown and used in the Middle Ages. There's been a direct line," Larkin says.

You might be intrigued by herb lore of medieval Europe. Herbs had symbolic meaning, as well as many household and medicinal applications. For example, lavender was considered to be a chastity preserver in the Middle Ages, Larkin says, and "it



Far left: Dwarf pomegranate trees are small enough to be grown in pots. Middle: Bonnefont Cloister Garden grows a huge collection of medieval herbs. Above: The Cloisters staff uses a technique called forcing to make bulb plants, like the crocus pictured, flower early.

was thought that rosemary grew best where the woman of the house dominated."

All Herbs, No Weeds

Another interesting point: all plants were considered to be herbs. The Middle Ages were "weedless" because no plant was pejoratively labeled as a weed, which is defined as any unwanted plant in a garden, farm or other landscape. "Many plants cultivated as herbs during the Middle Ages are considered to be weeds today," Larkin says. To authentically replicate the medieval garden, The Cloisters grows several thistles. One stunning example is the common or wild teasel (*Dipsacus fullonum*), which had various medicinal uses in medieval Europe.



The Cuxa Cloister Garden re-creates part of a Benedictine monastery.

Additional medieval horticultural treasures include legendary plants such as the mandrake (*Mandragora officinarum*) and dragon arum (*Dracunculus vulgaris*), Larkin's favorite herb. Dragon arum and other members of the Araceae family imitate the smell and color of rotting meat to attract fly pollinators.

Guide to The Cloister Gardens

• **Bonnefont Cloister Garden.** Offering a delightful view of the Hudson River, this cloister is from the Cistercian abbey of Bonnefont-en-Comminges in southwest France. "This is our teaching garden and home to medieval herbs," Larkin says. See more than 250 herb species, grouped in beds such as culinary, aromatic, magic, medicinal and artistic around a 15th-century Venetian wellhead. Look for wild arum, also known as cuckoo-pint *Arum maculatum*), which is depicted growing in the "The Unicorn in Captivity" tapestry.

• **Cuxa Cloister Garden.** This cloister re-creates part of the Benedictine monastery of Saint-Michel-de-Cuxa in the northeast Pyrenees. The green lawn is divided by crossing paths into quadrants, which are symmetrically bordered by perennials. "This is a typical medieval garden design. We have a mixture of medieval herbs and modern cultivars," Larkin says. Find lavenders, rosemary, bay and sages, among other herbs.

• **Trie Cloister Garden.** Representing the final flowering of the late Middle Ages, the cloister's Gothic carvings are from Trie-en-Bigorre and neighboring foundations in southwest France. "This garden is a field of more than 50 species of herbs and flowers evoked in the famous Unicorn Tapestries series," Larkin says. "It also provides a home for medieval plants that I don't know the uses for."

Take the Tradition Home

Adopt the medieval approach of planning your garden to appeal to the five senses. Create your own vibrant tapestry of color, taste, texture, fragrance and sound. By doing



Wild teasel



Potted jasmine in the Bonnefont Cloister Garden

so, you'll experience a connection with medieval horticulturists who tended their herb gardens centuries ago.

Add visual interest by cultivating rosemary (*Rosmarinus officinalis*) and myrtle topiaries in globes. These can be grown in pots—both indoors and outside. At The Cloisters, common myrtle (*Myrtus communis*), which has ivory-white blossoms and blue-black fruit, thrives in pots and is brought indoors before the frost. "Topiaries in the Middle Ages were very simple, and not elaborate as in Roman times," Larkin says.

Add texture by growing butcher's broom (*Ruscus aculeatus*) in pots. This diminutive shrub, regarded as a botanical curiosity, reaches up to 2 feet in The Cloisters' gardens. Add color on sunlit mornings with chicory's beautiful deep sky-blue blooms. In the kitchen bed of the Bonnefont Garden, you may find two species of chicory (*Cichorium intybus* and *C. endivia*). Contact The Cloisters at (212) 923-3700 or visit their website at *www.metmuseum.org/cloisters*. —Letitia L. Star

Make Your Garden Medieval

Medieval herb gardening can be easy. In fact, it's likely that you already grow herbs that were treasured by medieval herbalists. Horticulturist Deirdre Larkin advises starting with mints (*Mentha* spp.), lemon balm (*Melissa officinalis*) and comfrey (*Symphytum officinale*). For advanced gardeners, try samphire (*Crithmum maritimum*). To buy, visit Peconic River Herb Farm (*www.prherbfarm.com*), Richters Herb Specialists (*www.richters.com*) or Well-Sweep Herb Farm (*www.wellsweep.com*).

ONLINE EXCLUSIVE

Learn more about medieval gardens at *www.herbcompanion.com/thecloisters*.

Herb Pairings for the Grill

ONLINE EXCLUSIVE

Watch a video of Tim Haas and Jan Beane's new series *Southern Fresh* on our homepage, *www.herbcompanion.com.*

Rosemary	Chicken, Pork, Potatoes	**Spearmint**	Lamb, Ice Cream, Tea
Sage	Pork, Duck, Sausage	**Tarragon**	Turkey, Chicken, Eggs
Marjoram	Steak, Egg Dishes, Roasts	**Parsley**	Potatoes, Soups, Fish
Basil	Tomatoes, Chicken, Sandwiches	**Anise**	Sausage, Cookies, Apples
Oregano	Pasta, Pizza, Meatloaf	**Lemon balm**	Lobster, Dressings, Berries
Garlic	Peppers, Steak, Chicken	**Chives**	Potatoes, Burgers, Fish
Thyme	Tuna, Zucchini, Pasta Salad	**Dill**	Salmon, Dips, Potatoes


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Grilled Fennel

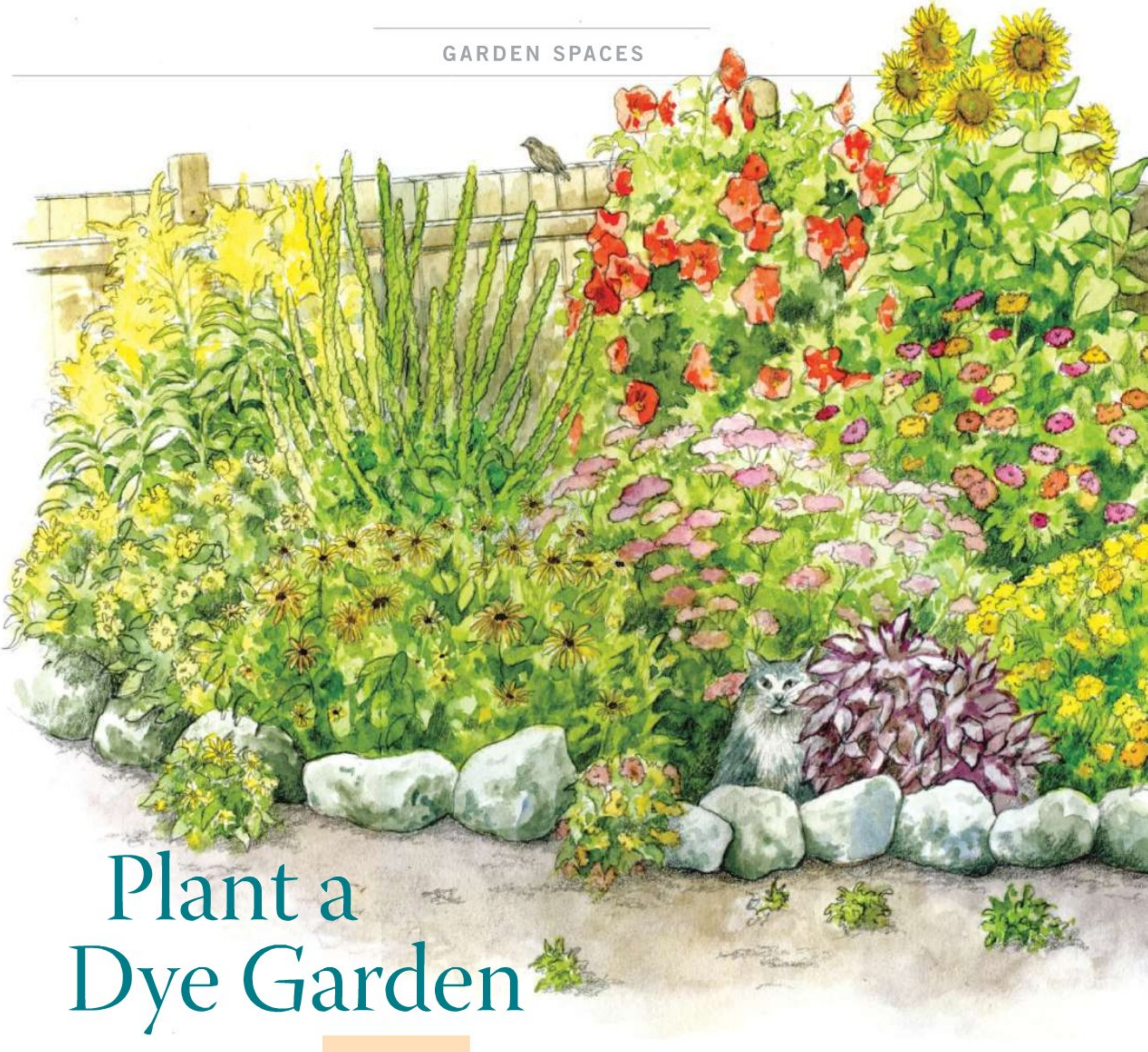
Enjoying fennel is not limited to cooking with its seeds or using its fresh leaves as a garnish. This tasty recipe is excerpted with permission from The Herb Garden Gourmet *by Tim Haas and Jan Beane. Catch Tim and Jan's new television series* Southern Fresh. *Starting Mondays in May, the duo will show how to grow, cook and serve your own produce on RFD-TV. Visit* www.timandjan.com. *This recipes serves four.*

4 tablespoons olive oil, divided
4 fennel bulbs, cut into halves, cores removed
Salt and freshly cracked black pepper, to taste

1 Preheat grill to medium heat. Brush grill with some olive oil to prevent fennel from sticking during cooking. Place fennel bulbs cut-side down on grill and brush with remaining oil. Season with salt and pepper.

2 Grill about 2 minutes per side, or until limp. Serve as a side dish with your favorite grilled entrée for a refreshing "change of taste."

Gina DeBacker is editorial assistant at The Herb Companion. *Steven Foster is an expert on medicinal plants. Letitia L. Star writes about food in Chicago.*



Plant a Dye Garden

BY KATHLEEN HALLORAN

ILLUSTRATIONS BY GAYLE FORD

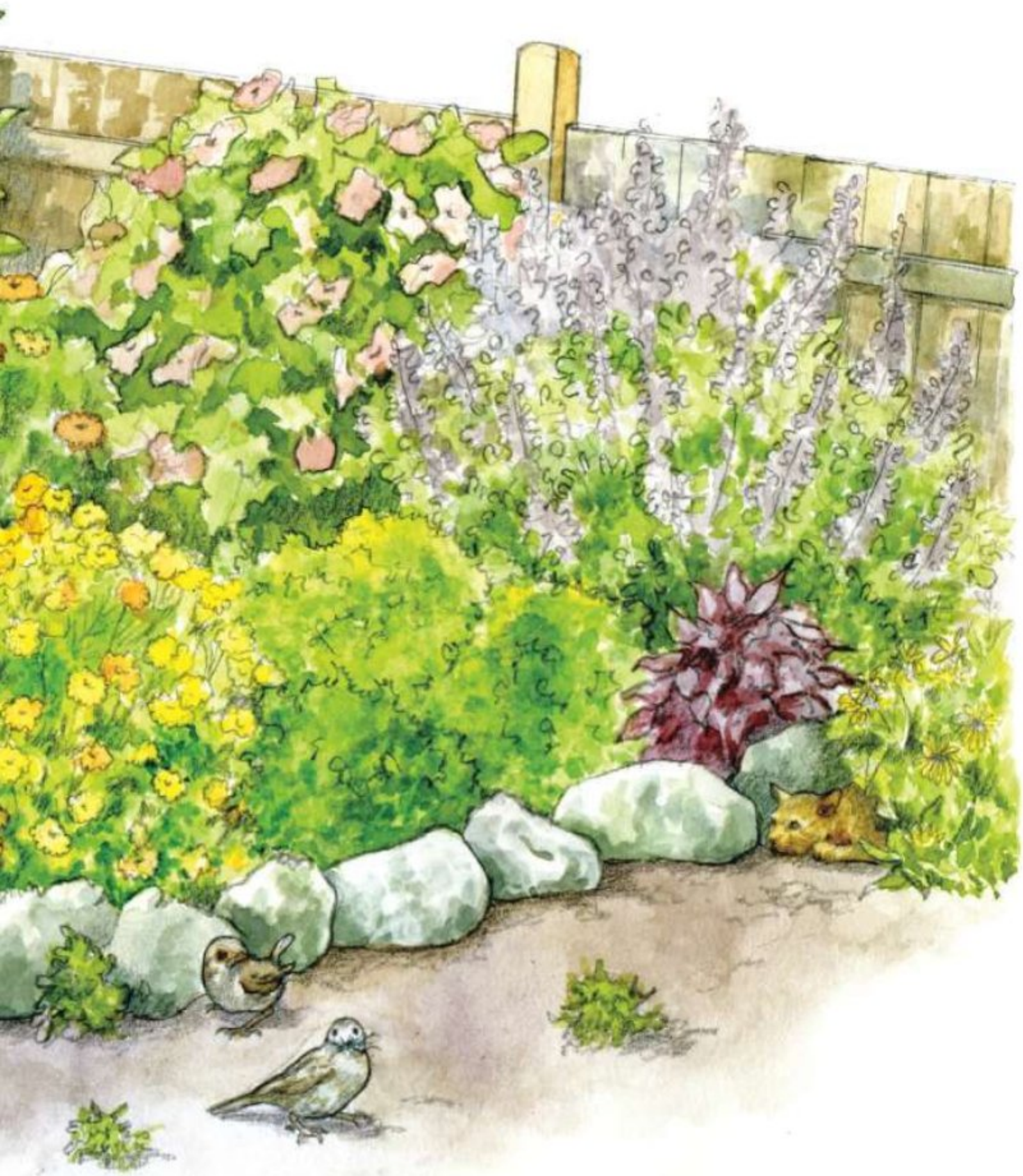
Try our plans for a garden full of color ready to be harvested.

Traditional dye plants offer intriguing materials for the gardener who is also a spinner or weaver, or who just wants to experiment with the vast usefulness of the natural world. Nature has its own subtle palette of colors and this little garden represents a few of the dozens of plant dye possibilities, which even include some nuts, fruits, vegetables and other common foods.

And even if you're more inclined to pick up some easy powdered dye at the corner store than to make a dye bath from the plants in your garden, you still might appreciate this connection to history and tradition. All of these plants are desirable garden plants.

About Dye Plants

A separate garden isn't necessary to grow dye plants, as you can incorporate them into an existing flower border or bed (and you might unknowingly be growing dye plants already), but this small corner bed can give you ideas. Some, such as indigo and weld, are traditional dye plants,



Read More

To find out more about the process of mordanting and other steps for natural dying, try these two excellent volumes by Rita Buchanan.

- *A Dyer's Garden* (Interweave Press, 1995)
- *A Weaver's Garden* (Dover Publications, 1999)

while others are more common garden plants and might surprise you. Growing the plants is easy, and if you have enough plant material to harvest, dyeing is a fun project and not difficult. But getting the most vivid colors from plant pigments and making more permanent dyes involves *mordanting*, or treating the fabric or yarn before you dye it with a metallic compound, such as alum.

Mordanting is a process that involves more than I can detail here, so do some research if you've never done any natural dyeing before. Different parts of the plants can yield different colors. The type of material you're dyeing, the length of time you leave it in the dye bath and the type of mordant you use to pre-treat can also vary the colors, sometimes dramatically. Allow for some unpredictability; it's part of the charm of natural dyes.

Getting Started

This garden is designed for a full-sun location with good drainage. Many of the plants are annuals, which also makes them suitable for interspersing in a vegetable bed. The indigo is perennial in climates with long, hot summers such as Texas, where I live, or it can be grown as an annual in other locations. Also on this list is a perennial hibiscus shrub, called a rose mallow, which is hardy as far north as about Zone 5. Plant this one in a permanent spot in the garden, where you can enjoy its beautiful, large flowers from year to year. Yarrow and black-eyed Susans are also perennial and can be grown from root divisions from neighbors or from another area of your garden.

Prepare this bed as you would any other, pulling weeds and adding compost and other amendments to improve drainage and correct any soil deficiencies. Most of the plants in this garden can be started from seed indoors and then planted out after the average frost-free date in your area. Keep the bed well weeded, mulched and consistently moist until plants get established, then back off on the water, allowing soil to dry slightly between waterings.

Harvest from the garden regularly through the season to gather enough material to fill a dye bath, and in the fall you can cut the entire tops off. Some plants are best used fresh, but flowers can be preserved in the freezer, and leaves, stems and tops can be dried, either by laying them out on screens or by hanging them in a dark place that gets good air circulation.

Kathleen Halloran is a contributing editor living and gardening in beautiful Austin, Texas.



Coming Next Issue

September 2010

CULINARY HERBS FOR HEALTH

Spice up your meals and your health with these medicinal culinary herbs. Learn which herbs can aid your digestion and memory while flavoring your food.

Also:

- Garden Sage Advice and Recipes
- Delicious Beneficial Berries
- How to Save and Organize Seeds
- Discover a Sensory Garden
- Plant a Mint Balcony Garden
- Bee Friendly Beauty



Planting Key

1. Goldenrod (*Solidago* spp.)
2. Weld (*Reseda luteola*)
3. Hibiscus (*Hibiscus* hybrids)
4. Sunflower (*Helianthus annuus*)
5. Zinnia (*Zinnia* spp.)
6. Indigo (*Indigofera suffruticosa, I. tinctoria*)
7. Marigold (*Tagetes* spp.)
8. Black-eyed Susan (*Rudbeckia* spp.)
9. Yarrow (*Achillea* hybrids)
10. Purple basil (*Ocimum basilicum* 'Dark Opal', 'Red Rubin' and 'Purple Ruffles')
11. Yellow cosmos (*Cosmos sulphureus*)
12. Marjoram (*Origanum majorana*)

12 Dye Garden Plants

Yarrow (*Achillea* hybrids). The plant tops produce mostly yellow, tan and gold colors. It is a tough and hardy perennial in the garden and flowers from early summer to late fall.

Marigolds (*Tagetes* spp. and hybrids). The flowers and leaves will produce a variety of colors, depending on the mordant, from bright yellow and gold to dark brown.

Yellow cosmos (*Cosmos surphureus*). This annual flower blooms in yellow, orange, even red, including cultivars such as 'Bright Lights', 'Diablo' and 'Sunny Red'. The flowers in a dye bath produce golden colors, oranges and rusty browns.

Sunflower (*Helianthus annuus*). This common, cheerful flower is an annual that can tower to 4 or 6 feet by season's end. It yields a array of soft green colors in the dye bath.

Hibiscus (*Hibiscus* hybrids), also called rose mallow. Look for red-blooming varieties of this perennial shrub, and in the garden, give it about 2 feet of space on all sides. Harvest the flowers as they bloom, as they won't last more than a day or so. The petals can yield many colors, from purple and green to gray, even black.

Indigo (*Indigofera suffruticosa, I. tinctoria*). This perennial shrub thrives in warm climates, and elsewhere is an annual. The fresh leaves contain the classic blue pigment.

Purple basil (*Ocimum basilicum* purple-leaved varieties such as 'Dark Opal', 'Red Rubin' and 'Purple Ruffles'). Annual in most climates, purple basil can reach about 2 feet. Use fresh tops in a dye bath for a variety of greens and browns.

Marjoram (*Origanum majorana*). Generally an annual, this oregano relative yields yellows, oranges, browns and grays, depending on the mordant used. It stays under 12 inches and is easy to grow.

Weld (*Reseda luteola*). This biennial or annual is a traditional European dye herb, with flower stalks that can reach 3 feet or more. The leaves and flower stalks produce strong yellows and pale greens.

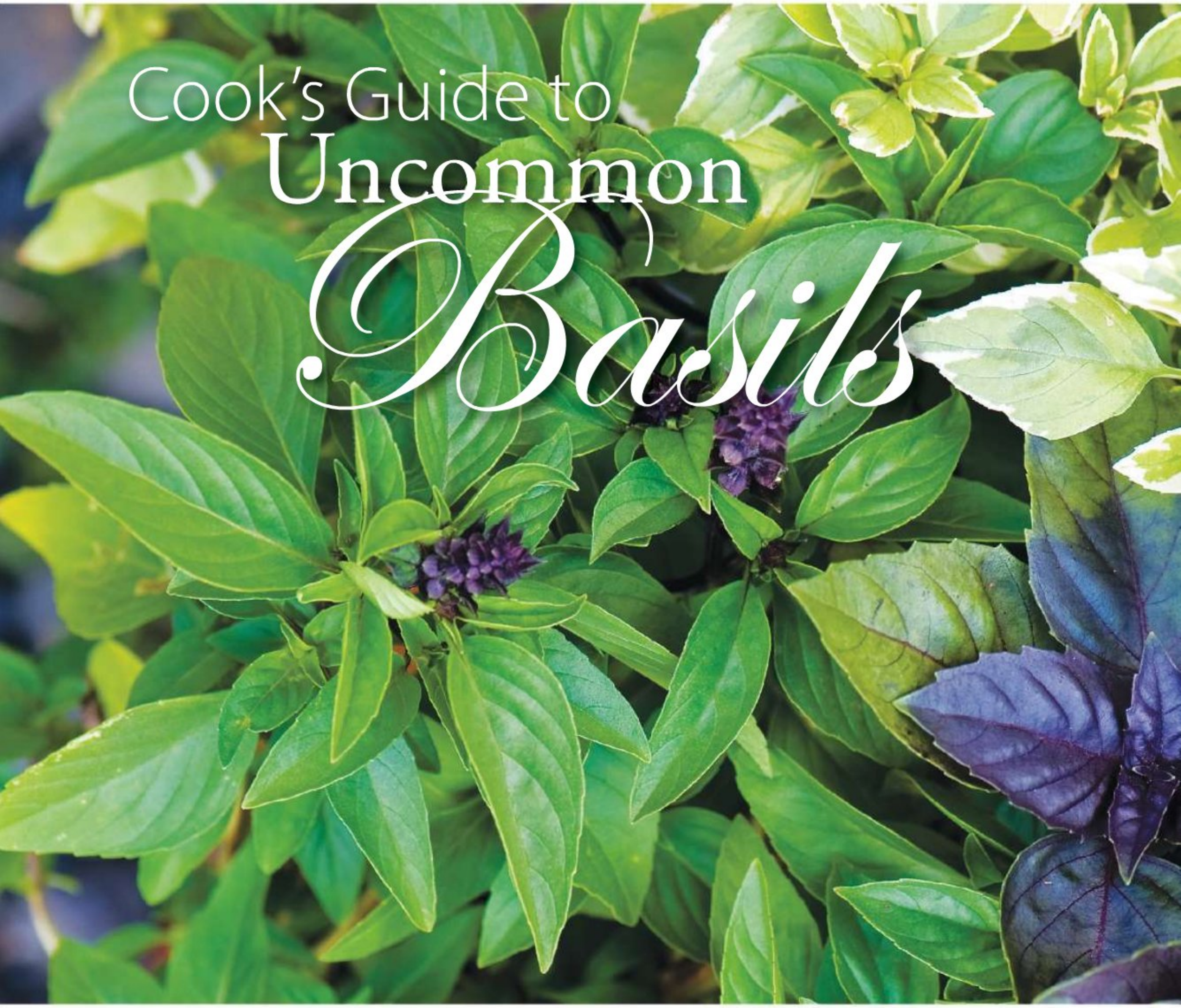
Black-eyed Susan (*Rudbeckia* spp.). This easy, popular perennial plant blooms summer to fall. The leaves and flowers produce golds, browns, oranges and dark greens.

Goldenrod (*Solidago* spp.). This native perennial can reach 4 or 5 feet by season's end, so give it some space. Plant stalks produce yellow and orange to tan, brown and rust colors.

Zinnias (*Zinnia elegans* and other species). This easy annual bedding plant is available in both transplants and seeds. Harvest the flowers regularly to keep it blooming all summer. The flowers yield pale yellow colors.

ONLINE EXCLUSIVE

Learn about how to dye naturally at *www.herbcompanion.com/howtomakedyes.*



By Caleb Melchior

Sweet basil evokes hot summer nights beneath a starry sky, great platters of salad *Caprese* and endless bowls of pesto-tossed linguine. But sweet basil (*Ocimum basilcum*)—and the accompanying Italian foodie dream—is only part of the story of the genus *Ocimum*.

Over the past decade, a large number of unusual basils—new varieties from commercial breeding programs and heirlooms that are now being exposed to a wider audience—have begun to appear in specialty nurseries and farmers' markets. Transform the way you think about basil with a whole new palette of flavors and aromas. From the floral sweetness of 'Blue Spice' to the tang of 'Siam Queen' and the herbaceous sharpness of 'Pesto Perpetuo', these varieties will surprise your nose and tongue.

In the Garden

One of the best things about these unusual basils is their outstanding garden presence. While sweet basil is an attractive plant, few of us would plant it for its looks alone. But with some of these newer varieties, planting for ornament is a definite possibility. Take 'African Blue', for example. With its



Rob Cardillo; Right: Richters Herbs

Above: Try a bed of unexpected basils, like 'Pesto Perpetuo', 'Siam Queen' and 'Osmin' (pictured). Right: 'Rubin' has dark-red leaves.



"With Basil then I will begin / Whose scent is wondrous pleasing"

—Michael Drayton

abundant spikes of lavender-blue flowers and purple-stained leaves, it could easily be mistaken for a plectranthus or a salvia. Add a strong perfume, and you have a plant well worth including in any ornamental planting.

When I visited Powell Gardens (near Kansas City, Missouri) last summer, I was impressed by an attractive mixed planting composed solely of basils. The bed was fronted by a dwarf bush variety, giving a tidy green edge. Behind were pillows of larger bush varieties studded with white flowers. Blending into these were patches of gauzy lavender-flowering Thai varieties. Several large columnar basils added solid blobs of green to anchor the hazy drifts of purple. Shadows were provided by purple-leaved basils, while 'Pesto Perpetuo' added a lighter color note. This bed of basils would be worthy of a place in anyone's front garden.

Basils also grow well in pots. At Sugar Creek Gardens in Kirkwood, Missouri, where I work, we use basils in many of our edible planters because they're both useful and attractive. Growing basil in planters also makes it more accessible. Keep a planter of basil outside your kitchen door and you'll have it ready for plucking at any moment, like those soggy days when you're making a minestra and need basil to finish it off, but don't want to pull on your waders to tromp out to the kitchen garden.

Basils are good mixers, as their cultivation requirements are similar to those of many warm-season annuals. The flowering varieties—'African Blue', 'Blue Spice', 'Cinnamon'—will mix well with brightly colored tropicals. Try 'Cinnamon' basil with Persian shield (*Strobilanthes dyerianus*). The basil's dark stems and pale purple flowers will stand out prominently against the shimmering green-and-purple mass of the Persian shield. Basil varieties with colored foliage make great foils for flowers. A classic herb garden combination well worth repeating is to pair an orange marigold (*Tagetes patula*) with one of the purple-leaved basils (try 'Rubin' or 'Purple Delight').

It's usually impossible to go wrong with basils in the garden. Use them to fill gaps, to bring beauty to dull areas, and—most importantly—for the sheer pleasure of absentmindedly brushing against them, then being overwhelmed with joy as their fragrance billows up on the hot summer air.



'Siam Queen' is a beautiful, award-winning Thai basil with a spicy taste.



The purple bracts of 'Cardinal' help this pretty basil stand out in the garden.

Rob Cardillo (3)

In the Kitchen

No matter how much one may enthuse over basils' contributions to the garden, the kitchen is undeniably their primary purpose. But, while regular sweet basil pairs well with almost any summer ingredient, the exotically scented varieties take a little more thought. As usual, your nose will be your best guide to successful combinations.

A cursory sniff will show that most varieties fall into one of several flavor categories. Varieties with a sweet basil scent and flavor—such as 'Cardinal' and the purple-leaved types—can be used just as you'd use sweet basil. The small-leaved varieties tend to have a sharp, peppery flavor that helps them stand up to coarser companions (raw onion, olives, russet potatoes). Basils from the Thai group—such as 'Siam Queen' and 'Cinnamon'—have fruitier aromas that complement sweets and Asian-oriented dishes. Varieties in the African group (like 'African Blue' and 'Blue Spice') have highly individual scents and require extreme discretion in their use.

Basils are highly heat-sensitive and their scents dissipate quickly, so chop and add them at the very last minute for best flavor. Their color also suffers from heat—the greens go muddy and the purples go black. Add basil after cooking if you want to retain its color.

Varieties

'African Blue'

A beautiful addition to the herb patch or ornamental bed, 'African Blue' basil erupts into a haze of soft purple flowers by midsummer. Its leaves are also ornamental, with a purple stain in the center and soft texture. Strong camphor odor.

'Blue Spice'

Another "blue" basil with lavender flowers. Unlike 'African Blue', its leaves are bright green with no purple flush. Stems are purple. Spicy-sweet fragrance.

'Cardinal'

Cardinal stands out for its stunning burgundy flower bracts. The flowers within the bracts are white with a lavender tinge. While you can use the main leaves as you would those of any basil, the little red leaves that make up the bracts should be used where their color will stand out—try them sprinkled over a salad or a cream soup.

'Cinnamon'

'Cinnamon' basil has a distinctive fragrance—cinnamon, yes, but sharper and more potent than the dried bark of *Cinnamomum verum*. Its shiny leaves on dark purple stems, accented by wands of pale flowers, make this another excellent choice for places where you need beauty plus amazing fragrance. It's good with fruit; try adding a few leaves to a poaching liquid for pears or peaches.

'Oriental Breeze'

This attractive basil bears head-turning purple bracts that are similar to those of 'Cardinal' but purple rather than deep-red. Use it as you would sweet basil. Also useful as a cut flower.

'Pesto Perpetuo'

'Pesto Perpetuo' stands out in the kitchen for its sharp peppery flavor and in the garden for its beautiful pale green leaves



Your kitchen garden can masquerade as a formal English garden with 'Pesto Perpetuo'. The tight shape and unusual cream and green leaves can make this basil look like a rare boxwood.



Opposite: Rob Cardillo; Jerry Pavia

'African Blue' basil has purple flowers that bloom in the middle of summer. A sprig of this cultivar with the flower and a few leaves is a great garnish.

edged in cream. Its tight rounded habit and dark stems combine with its other admirable attributes to make this an unforgettable choice for container plantings. As you harvest, keep it pinched to a rough round shape. Garden visitors may well imagine that it's some rare form of boxwood.

'Purple Delight'

This is the standard purple basil. A reliable grower, now replacing 'Dark Opal' due to that variety's loss of stability. Typical sweet basil scent and flavor. Steep it for a few minutes in white wine vinegar—it will give the vinegar a lovely magenta color and light basil aroma.

'Purple Ruffles'

Not the strongest grower but very attractive in the garden and in containers. Its ruffled purple leaves will darken if cooked, so tear them coarsely and toss in salads. Typical sweet basil aroma and taste.

'Rubin'

Burgundy-red, rather than the true purple of 'Purple Delight' and 'Purple Ruffles'. Shiny burgundy leaves look good in the garden or as a garnish. They taste great, too, like sweet basil. Vigorous and reliable. Good for containers.

ONLINE EXCLUSIVE

Find a bonus basil recipe at *www.herbcompanion.com/basilpotatorecipe*. See a bowl you like? Go behind the scenes at our photoshoot and find stylist Virginia Cravens-Houston's sources for where to find the beautiful tableware on Pages 30 to 33 at *www.herbcompanion.com/basilbehindthescenes*.

'Siam Queen'

An improved Thai basil variety chosen as an All-America Selections winner in 1997. Shiny dark green leaves and reddish purple inflorescences. Flavor and aroma typical of the Thai group—spicy with heavy anise notes.

Cultivation

Although these unusual basils are rarer than sweet basil, they are not necessarily more trouble. In fact, exotic basil varieties have the same cultivation requirements as sweet basil: full sun, warm temperatures, adequate water and fertile soil. At least six hours of full sunlight per day are essential for best growth. The greatest cause of disappointment with basils occurs when gardeners are in such a hurry to get their basil growing that they plant it out before the soil is warm enough. A cool night or two comes along, and the basils are stunted. The transplants may just sit in the ground and rot. To avoid this, wait until nighttime temperatures are reliably 50 degrees and above— about two weeks after your average last spring frost date is a good time. Basils like a lusher life than many herbs. Keep them moist but not wet. Fertile soil is also essential.

You'll have to hunt around your local nurseries to find some of the rarer basils. Herb society sales are an excellent source of rare varieties—they also give you the chance to talk with people who have already grown them.

If you have difficulty finding starts of the unusual basils to plant, you can grow most basils from seed. While it is possible to direct-sow them in the open ground once the soil has warmed to 50 degrees, this will give the plants a very late start. Basil seeds are small and the seedlings are fragile, so it's probably better to start them indoors, especially if you only have a few seeds. This way, you can start a few weeks before it's warm enough to plant basil outside, then plant the starts outside once the weather is cooperative. It's especially fun to watch your special basils sprout and begin to grow during the last dreary bit of weather.

Caleb Melchior studies landscape architecture. When not working in the studio, he writes about food and gardens.


'Purple Ruffles' basil has especially showy leaves in a deep, rich purple hue, festooned with a rippling trim.

Basil-Buttered Shrimp on a Bed of Greens

SERVES 4

Juice of ½ lemon
1 pound large raw shrimp
4 cups arugula or baby spinach
¼ cup olive oil
3 tablespoons white wine vinegar, divided
Sea salt
2 tablespoons butter
¼ cup 'Pesto Perpetuo' basil leaves, chopped fine
Freshly ground black pepper
Small 'Pesto Perpetuo' basil leaves

1 Fill a large stockpot halfway with water. Add a handful of sea salt and the juice of ½ a lemon. Cover and bring to a boil. Peel shrimp, leaving tails on. Devein, if desired.

2 When water is bubbling vigorously, toss in shrimp. Cover and remove from heat. Let sit 5 minutes, or until shrimp are pink.

3 In the meantime, toss greens with olive oil and 2 tablespoons of the vinegar. Salt to taste. Mound greens on four salad plates. Drain shrimp, then return to pan. Add butter, remaining vinegar and chopped basil. Salt and pepper to taste. Drop shrimp atop the mounds of greens and serve.

Shortcut option:

Peel and devein shrimp. Melt butter in a large skillet over medium-high heat; add shrimp and sauté 3 to 5 minutes or until shrimp turn pink. Stir in 1 tablespoon vinegar, lemon juice and chopped basil. Toss arugula with olive oil and remaining vinegar. Mound greens on plates. Top with warm shrimp and serve.





Howard Lee Puckett (2)

Asian-Inspired Beef

SERVES 4 TO 6

½ cup soy sauce
2 tablespoons honey
¼ cup Thai basil leaves, roughly torn
3 green onions, julienne-cut
1 (1½-pound) boneless sirloin steak
Thai basil sprig, julienne-cut green onions for garnish

1 Stir together first 4 ingredients in a large zip-top plastic freezer bag; add steak, turning to coat. Seal and chill for 8 hours or overnight, turning occasionally.

2 Remove steak from marinade, discarding marinade, and pat steak dry.

3 Preheat grill to 350 to 400 degrees (medium-high). Cover with grill lid and grill for 6 to 8 minutes on each side or to desired degree of doneness. Let steak stand 5 minutes before slicing. Serve immediately.


Howard Lee Puckett (2)

Basil Limeade
SERVES 2

Cover Recipe

- ¼ cup lime juice
- ¼ cup sugar
- Sweet basil sprigs
- Lime slices
- Crushed ice
- Club soda
- Sweet basil sprigs, lime slices for garnish

1 Combine lime juice and sugar in a jar or cocktail shaker; shake vigorously until combined. Put a sprig of basil and lime slices in the base of two 8-ounce glasses. Add lime mixture and ice to glasses; fill with club soda. Muddle with a spoon and serve immediately.
Note: Multiply this recipe by 4 to fill a pitcher.

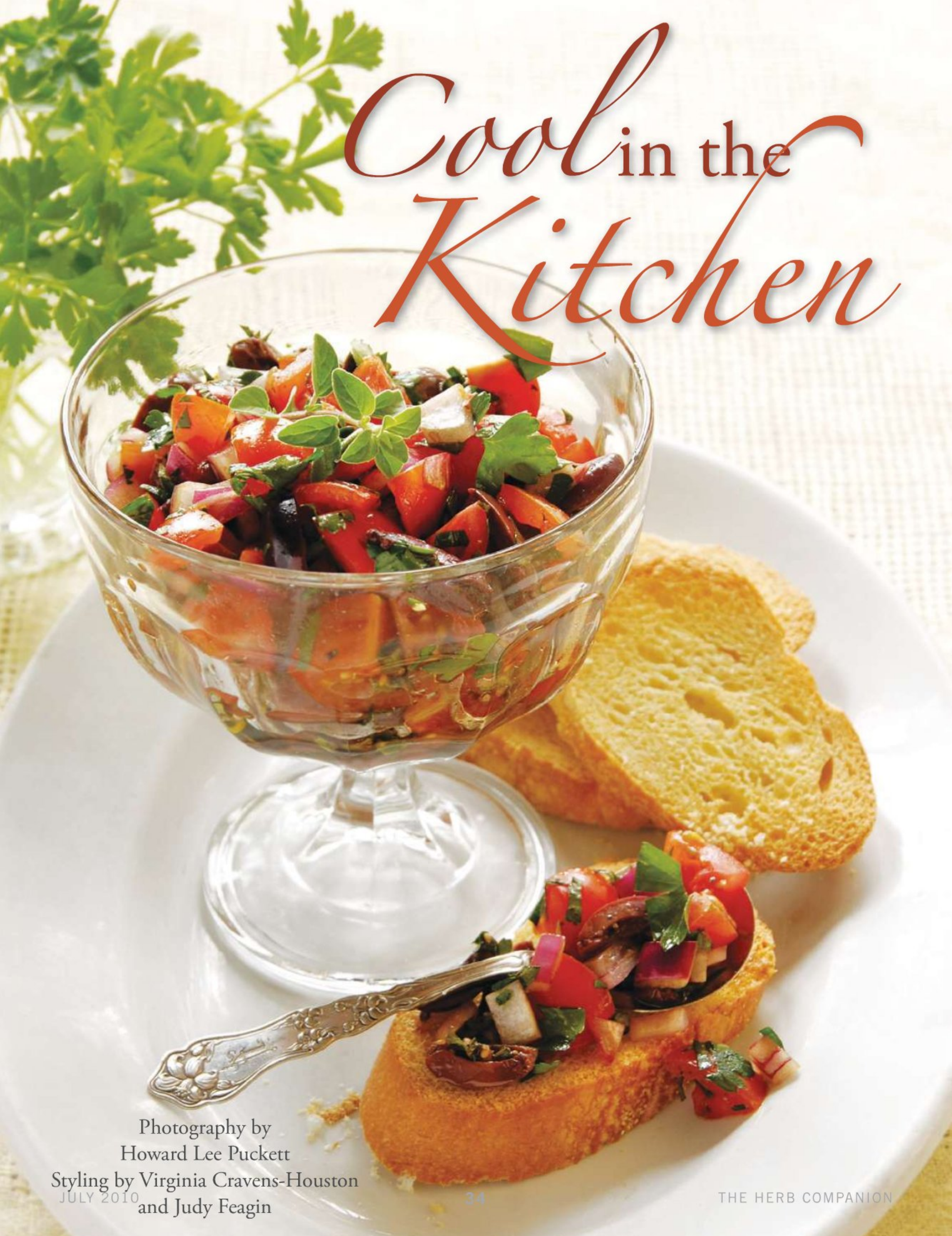
Poached Pears in Basil Syrup
SERVES 4

- 1½ cups sugar
- 6 cups water
- 2 teaspoons fresh lemon juice
- ¼ cup firmly packed 'Dark Opal' basil
- 4 firm pears, peeled and cored with stems intact
- 'Dark Opal' basil leaves, turbinado sugar, sanding sugar for garnish

1 Combine sugar, water and lemon juice in a medium saucepan. Cook over medium heat, stirring constantly, until sugar dissolves. Stir in basil.
2 Cut a thin slice from bottom of each pear, allowing pears to stand. Add pears to syrup mixture. Bring to a boil, reduce heat and simmer 15 to 20 minutes or until pears are tender. Remove pears to a plate for serving. Pour syrup through a wire-mesh strainer into a large bowl, discarding basil leaves. Return syrup to saucepan; bring to a boil, reduce heat and boil gently for 20 minutes, or until syrup thickens. Pour sauce over pears.
Note: You could also use 'Cinnamon' basil for this recipe.



Cool in the Kitchen



Photography by
Howard Lee Puckett
Styling by Virginia Cravens-Houston
and Judy Feagin

Liberate yourself from the stove this summer with four scrumptious no-cook sauces.

By Sophia Markoulakis

Summertime brings a bounty of cooking opportunities from the garden. So many opportunities, in fact, that when the garden is cranking out more than we can consume, our jubilation turns to panic. Avoid the horrible moment of realization that one simply can't keep up with the maintenance and harvest of a productive summer garden. Just reassess cooking methods during the summer and commit to using the harvest in easy, stress-free recipes.

No-cook herb sauces use up produce, spice up summer foods healthfully, and save time and energy during the hot summer months. Not only do herbs taste great when eaten fresh, they're also healthier since there's no heat or water to dilute nutrients. When the zest of fresh herbs hits our palate, our taste buds are awakened without the overuse of salt. Blending fresh herbs with the mysterious *umami*, or the "fifth taste," intensifies herbs' flavor. Common umami or savory ingredients include capers, olives, meat and cheese—and some of these no-cook sauce recipes combine herbs and umami ingredients.

Aside from the health benefits of fresh herbs and of using less salt, no-cook herb sauces also eliminate the use of unhealthy fats, like butter and cream. And, no-cook sauces mean limited oven and stove use, which helps keep the kitchen and house cooler. My favorite part of no-cook sauces, though, is the aroma of fresh chopped herbs that fills the kitchen and lingers as these sauces rest a bit before enjoying.

Some of summer's most prolific growers—basil, oregano, mint and marjoram—make an appearance in these recipes. And with all of these herbs, the more you harvest, the more they grow. Even if you don't grow them yourself, your neighbor or a family member might and they would likely be happy to share.

So don't stress about elaborate meals and intricate dishes to prepare during the summer. There's too much work to do in the garden, too many warm evenings to enjoy outdoors and too much flavor to savor from your garden. With a few on-hand ingredients and simple steps, your fresh-cut herbs get top billing in these quick no-cook sauces.

Sophia Markoulakis is a San Francisco-based food and garden writer and recipe developer who focuses on how food and gardening intersect to create healthy and flavorful meals.

No-Cook Fresh Tomato Sauce

In the image at left, we used this as a bruschetta topping (bruschetta instructions below). You can also toss with pasta or serve over grilled chicken or fish. This sauce is amazing when tomatoes are at their peak, but you can use cherry or grape tomatoes year-round. Make it early in the day, cover and set aside on the counter for an hour or two. MAKES 3½ CUPS

1 pound tomatoes, chopped
½ cup chopped red onion
½ cup pitted and quartered brined olives, such as kalamata
¼ cup finely chopped sweet marjoram leaves
½ cup finely chopped Italian parsley sprigs
2 tablespoons balsamic vinegar
½ teaspoon freshly ground black pepper
¼ cup extra-virgin olive oil
Salt to taste

1 In a mixing bowl, combine tomatoes (and their juice and seeds), onion, olives, marjoram, parsley, vinegar, pepper and oil. Cover and allow to rest at room temperature for up to 2 hours. Add salt to taste. (Note: Can be made up to 1 day ahead; remove from refrigerator and bring to room temperature before serving.)
2 Serve with bruschetta or toss with hot cooked pasta.

Bruschetta

To make bruschetta, slice a loaf of French bread diagonally into ½-inch slices, discarding ends. Brush lightly with olive oil. Bake at 375 degrees for 5 to 6 minutes or until lightly browned.

Basil Pesto with Hazelnuts and Dry Jack Cheese

I tested this recipe for a group of my teenage son's friends and got unanimous approval. The hazelnuts are subtle enough that traditionalists won't balk, and are healthier than pine nuts. There are degrees of dry jack—it becomes firmer as it ages—so select a firm aged piece that exhibits Parmesan-like qualities. MAKES 1½ CUPS

⅔ cup hazelnuts
3 cups 'Genovese' basil leaves, rinsed, dried and packed
2 cloves garlic
½ teaspoon freshly ground black pepper
¾ cup plus 2 tablespoons extra-virgin olive oil
⅔ cup grated dry jack cheese
Salt to taste

1 Place hazelnuts in a baking pan and toast in a 325-degree oven until lightly browned and fragrant, about 7 minutes. Remove pan from oven and pour nuts in the center of a clean dish towel. Fold towel over hazelnuts so that they are completely enclosed; rub the towel in a back-and-forth motion so that the friction between the hazelnuts and towel removes the hazelnuts' skin. Place hazelnuts on a cutting board and coarsely chop.
2 Add hazelnuts, basil, garlic and pepper to a food processor; mix until finely chopped. With machine off, scrape down sides with a spatula. While processor is running, pour oil in a steady stream through processor tube. Add cheese and process until just combined. Salt to taste.
3 This recipe makes enough pesto for 2 pounds of pasta, so if desired, toss half with cooked pasta (1pound dried) and freeze the other half in a freezer-safe container. Use within 2 months.

Chimichurri Sauce

Latin Americans love this traditional sauce, and each country seems to have its own variation. Chimichurri is an indispensable component to an Argentinean asado *(barbecue), where bowls of this vinaigrette-like sauce are enjoyed with grilled beef and sausage. Chimichurri is also used as a marinade and tastes great with other proteins, such as chicken and fish. MAKES ¾ CUP*

1 cup Italian parsley, loosely packed
3 tablespoons chopped Greek oregano leaves
1 teaspoon red pepper flakes
3 garlic cloves, pressed or minced
¼ cup red wine vinegar
½ cup extra-virgin olive oil
Salt to taste

1 Rinse, dry and chop parsley sprigs; add to a small mixing bowl with oregano, red pepper flakes, garlic and vinegar; whisk together.
2 Add olive oil in a steady stream, continuing to whisk until oil is completely blended; salt and serve at room temperature.

Salsa Verde

Try this wonderful sauce with plump sweet grilled scallops (instructions at right). Or, serve it as a dip (similar to the Piedmontese bagna cauda*), slightly warmed and surrounded by raw or steamed vegetables, such as fennel, carrots, cauliflower and peppers. Many ethnic cuisines, such as Latin American, French and Italian, have their own version of* salsa verde*, which simply means "green sauce." This version is European-based and gets its piquant flavor from capers and anchovies. MAKES 1 CUP*

3 tablespoons finely chopped shallots
2 tablespoons chopped chives
½ cup chopped mint
½ cup chopped Italian parsley
1 tablespoon finely minced anchovies (about 2 fillets)
1 tablespoon capers
Zest and juice from 1 lemon
½ teaspoon freshly ground black pepper
½ cup plus 1 tablespoon extra-virgin olive oil

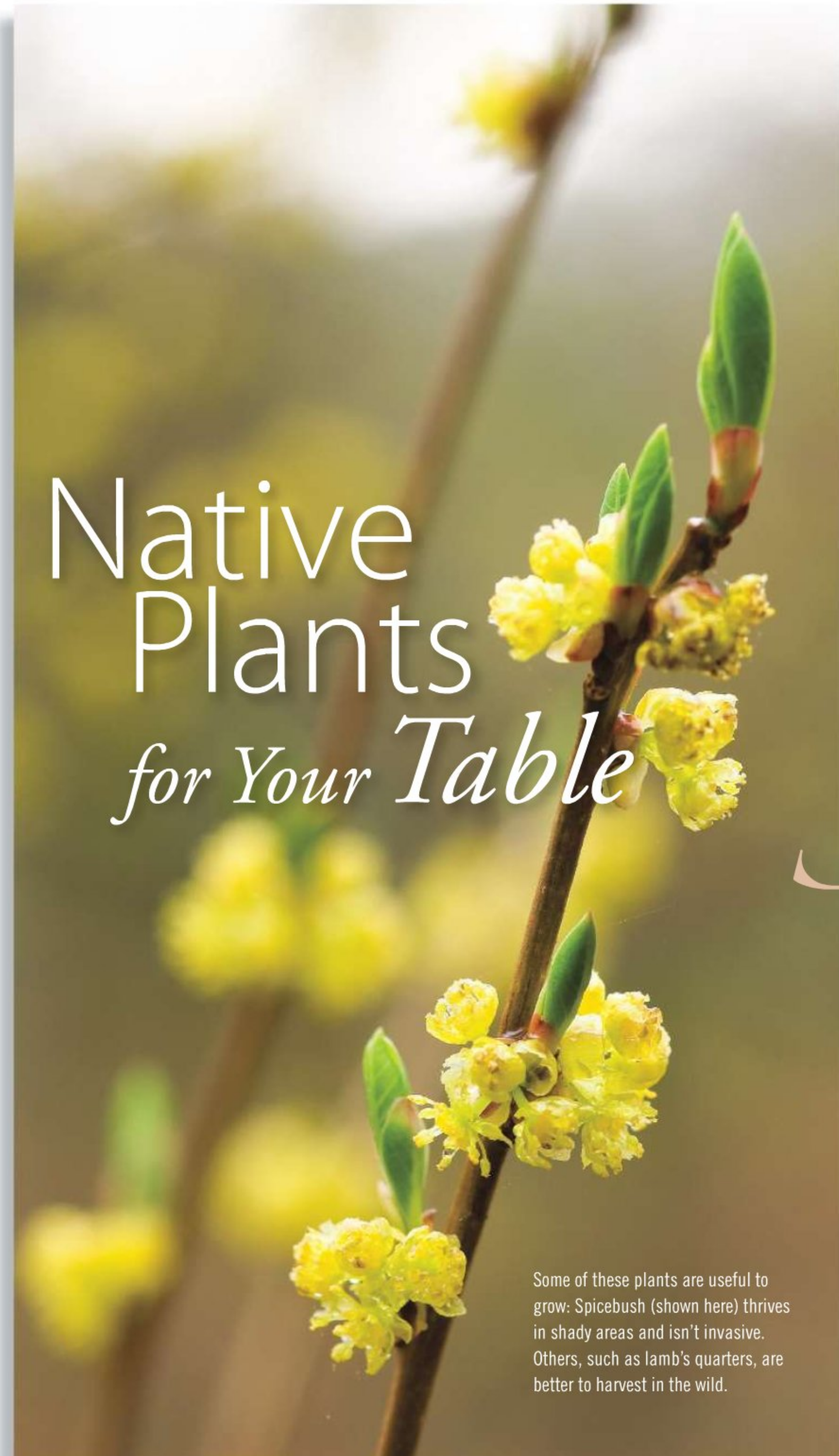
1 Combine all ingredients in a mixing bowl and stir to combine. Serve immediately or cover and keep in the refrigerator for up to 1 week. Bring to room temperature or gently heat before serving.



Grilled Scallops

Brush scallops with olive oil; sprinkle with sea salt and pepper. Grill scallops, without grill lid, over high heat (400 to 500 degrees) for 4 to 5 minutes or just until scallops are opaque, turning once. Serve with Salsa Verde. Garnish with fresh chives.

Native Plants *for Your Table*



Some of these plants are useful to grow: Spicebush (shown here) thrives in shady areas and isn't invasive. Others, such as lamb's quarters, are better to harvest in the wild.

By Jim Long

Some of my earliest memories of exploring native plants as a child are of drying wild strawberry leaves and making hot tea from them. The tea was a beautiful yellow and, with honey, had a pleasant, wild herbal flavor.

I'm fortunate to have grown up in a family that loved plants. In early spring, my parents and I hunted wild mushrooms. We knew the patches in the meadows where the wild strawberries grew, and picked wild grapes and pawpaws in the fall. Persimmons were always a welcome delicacy, as were native lowland pecans from the Osage River basin. Those plants added wider variety to our traditional garden. My parents ran a grocery store, but despite the constant flow of cultivated produce, native plants always figured prominently in our diets.



When he was young, Contributing Editor Jim Long's maternal grandparents encouraged his interest in plants, helping him identify delicious violets (shown above) and other edible wild plants in woods and meadows.

My paternal grandparents were overly cautious, and with me as their only grandson, constantly cautioned me to be careful of what I ate from the woods. "Always ask someone before you taste it," my father's mother would say. Yet my maternal grandmother knew I had an interest in plants and would take me on walks in the woods and meadows, showing me how to identify plants. It is from these early family teachers that I gained an appreciation of the bounty of wild edible plants.

Many of the more traditional herbs we grow (such as parsley, rosemary, thyme and sage) are native to the Mediterranean regions. They have so easily adapted to a wide range of garden conditions that when most people hear the word *herb*, those foreign plants are what come to mind.

But did you know there are many herbs and edible plants native to the United States that you can grow, or find already growing, in your garden? Some can be found in the wild, and may even be growing in your garden, but you aren't recognizing them as useful, edible plants. Finding gems of plants like this is a bit like recycling—you might be digging up and throwing away plants that are better adapted to your environment than plants you are cultivating. These native plants are worth recognizing and making use of, instead of trying to eliminate them. Here are some healthful native plants you might find in your own garden or in nearby fields.

Violets (*Viola* spp.) are all pleasant and colorful in salads and can be candied for decoration on cakes and other desserts. Violets are easy to recognize once you look at the flower and leaf shape in a field guide.

Chickweed (*Stellaria media*) can be gathered in springtime and cooked as a green vegetable; it can be frozen; or you can dry it and make it into a beneficial first-aid salve. This is one of the first plants up in the spring and you can look for it in your garden, along the foundation of your house and at the edges of the lawn. It is a creeping plant with a single, central stem. Gather it before warm weather; once the weather warms, this plant will begin to turn yellow, scatter its seeds and die. I like to mix chickweed with henbit and lamb's quarters in approximately equal portions and boil them together briefly, season with some crumbled bacon and a teaspoon or two of vinegar, and enjoy as a refreshing, vitamin-rich, springtime vegetable side dish.

Henbit (*Lamium amplexicaule*). You'll find this in moist, rich fields, lawns and the edges of home gardens. Most likely you have this plant in your lawn or garden beds. As early as January in the Midwest, this plant is already green. By early spring, tiny purple flowers cover the plant. Skip the weed-killer on your lawn and snack on this weed. It dies when hot weather begins



Small redbud trees pack a powerful punch of color in early spring, when their bright pink flowers begin to bloom.



Jim Long; Opposite: iStockphoto.com/coffbeth

To gather spicebush leaves, berries and twigs, check out shady spots.

anyway. The nutritious whole plant can be harvested and used as a vegetable greens plant in early spring before it fully flowers.

Lamb's quarters (*Chenopodium album*), also known as pigweed, is often found as a weed in home gardens. Like mints, it is an exotic plant that can take over a garden, so don't plant it. Unlike mint, it isn't pretty in a container garden, but I leave three or four plants in a row in my garden, because I find it better tasting than spinach. In spring and summer, the leaves can be cooked like spinach or mixed with other greens plants. In the fall, the abundant seeds can be collected and used in breads, muffins and other baked goods, either mixed with flour or sprinkled on top like poppy seeds. This is a good-tasting, heavy-producing plant if you keep harvesting the leaves all summer. Spinach quits producing in the heat of summer, but lamb's quarters continues to thrive throughout the summer.

Redbud trees (*Cercis canadensis*) are among the first plants to bloom in the spring, when few vegetables are available in the wild. Native Americans ate the flowers, either boiled or raw, and the seeds, which they roasted. The trees are also ornamental.

Spearmint (*Mentha spicata*) and **peppermint** (*M. ×piperita*) are both European immigrants that have often escaped cultivation. Mints are often found growing around old springs and roadsides, as well as around old homesteads and streams. Mint leaves can be used for tea, in apple-spearmint salads and candied.

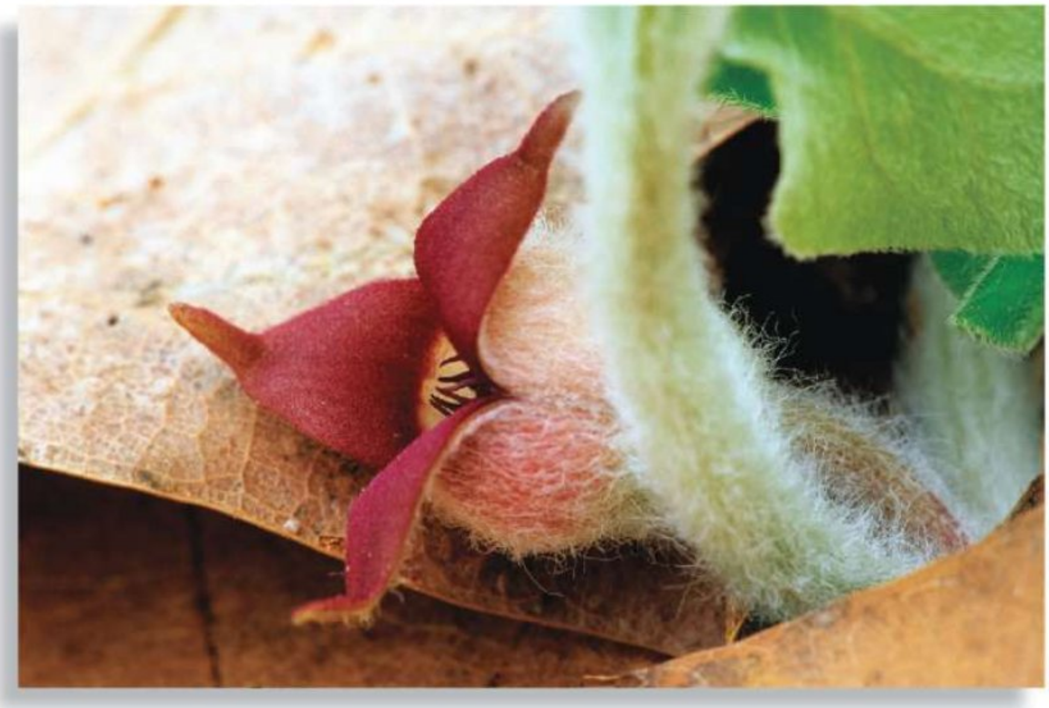
New Jersey tea (*Ceanothus americanus*) can be found along dry woodland roadsides and in light timberland areas. The dried leaves make a good-tasting tea—the plant was used as an agreeable substitute for black tea during the Revolutionary War. You can grow this hardy, 12-inch-high woody shrub in your garden in partial shade to full sun in a raised bed.

Spicebush (*Lindera benzoin*) can be found over a large portion of the United States, from Georgia to Texas, northward through to Ohio and Indiana, and is one of my favorite native herbs. Gardeners are often searching for seasoning herbs to grow in part or full shade and this one shines in that location. The leaves, berries and twigs are all used in a variety of dishes including soups, meat dishes, and tofu and vegetarian dishes. The leaves are used fresh or dried, the berries dried and the young twigs can be used fresh or dried any time of the year. The spicy, pleasantly "herbal" flavor and aroma makes this one of the best herbs to put in a shady location with average to moist soil.

Peppergrass (*Lepidium virginicum*) often is one of the "target weeds" on weed-killer packages. The leaves are used fresh in salads and as cooked greens. The dried seeds, mixed half-and-half with violet wood sorrel, make an excellent salt substitute.

Wood sorrel (*Oxalis stricta*, often called **sheep sorrel**, and **violet wood sorrel**, *O. violacea*). The parts used are the leaves, tender stems and flowers, and the seed pods in spring in salads, pies (like rhubarb) and quiches. The dried herb can be mixed half-and-half with peppergrass as an excellent salt substitute. You may recognize this plant as "sheep sorrel" or "sheep shire" from your childhood. An abundance of *O. stricta* in your garden is often an indication of lack of lime in your soil.

Sumac (*Rhus glabra*). Smooth sumac (pronounced "shoe-mack") has pleasantly tart, red berries in fall. These make a delicious lemonade and also can be used in hot and cold teas and a festive fruit punch. This plant is common along roadsides, edges of meadows and in thickets. It's an excellent plant for beautiful



Wild ginger can be planted as a groundcover in any shady, moist corner of your yard. It grows easily, and the rhizomes can be used to make tea and other treats. You can also find it growing wild in deep woods and gather it.

fall color in a woodland landscape. The leaves take on brilliant reds and crimsons, even before the first fall frost, and the clusters of berries are obvious often well into winter. You'll also find sumac berries as an ingredient in Middle Eastern dishes, often skillet-toasted with garlic and other herbs.

Sumac, with its red berries, is very different from the infamous poison sumac (*R. vernix*, sometimes listed as *Toxicodendron vernix*), which grows in swamps and has white- to ivory-colored berries and is a contact poison, much like poison ivy. Common smooth sumac is easily recognized by its upright clusters of red berries around the time of frost.

Sweet goldenrod (*Solidago odora*) is a relatively rare herb because of loss of habitat. It has a sweet, anise-like fragrance and honey-anise flavor of the young buds and flowers, which give a delicious flavoring to cakes and muffins; the dried, crushed leaves make a pleasant tea. You can grow this plant in part to full sun in sandy soil in a raised bed. The leaves can be dried for winter tea while the young flower buds are best used fresh.

Wild ginger (*Asarum canadense*) is an excellent groundcover for a shady, damp area in your garden, or in a bed on the east or north side of your house. The plant's ground-level rhizomes are used for seasoning, as a tea and candied, fresh or dried. This plant can be found growing in the wild in deep woods, around springs and streams and in moist, shady locations. It can be easily grown in any garden setting with part to full shade and moderate to moist conditions. The rhizomes can be dug any time of year, although my favorite time for harvesting it is in early winter. I wash the roots (trimming off the little rootlets) and boil the rhizomes in a strong sugar solution, then drain and roll them in sugar and let them dry for several days. Wild ginger is milder than Asian ginger, but with the same flavor. Note: There is an FDA recommendation that you not use *Asarum caudatum* internally, but no such warning exists about *A. canadense*).

Wild rose (*Rosa* spp.) offers rose hips for teas and sauces that are high in vitamin C. You can also use rose petals in salads, sorbets and ice creams, and the petals can be candied.

Contributing Editor Jim Long writes and gardens at his farm, Long Creek Herbs, in the Ozark Mountains.

Identify Before You Eat

- *A Field Guide to Edible Wild Plants* (Houghton Mifflin, 1999)
- *Edible Wild Plants: A North American Field Guide* (Sterling Publishing, 1990)
- *The Encyclopedia of Edible Plants of North America* (Keats Publishing, 1998)
- *Wild Foods Cookbook and Field Guide* (Workman Press, 1985)

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Find a visual guide to this article at *www.herbcompanion.com/edibleplantsguide* with images of each plant.

Find Jim Long's retail picks for plants in this story at *www.herbcompanion.com/buynativeplants*.



Mulch Q&A

Our garden expert explains the benefits of mulching.

BY TINA MARIE WILCOX

Q *I have a new kitchen garden that will feature vegetables, culinary herbs and edible flowers. Should I mulch after planting?*

A Yes! Mulch is the finishing decorative touch for a new garden, creating a visual contrast between the beds and the rest of the landscape. Mulching is also a conservation technique.

Applying plant-based materials such as straw, pine needles, tree bark and shredded tree leaves around annual flowers, herbs and vegetables does many good things at once.

When using plant-based mulch, be sure to sprinkle a

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Find out more about the benefits of cornmeal at *www.herbcompanion.com/agriculturalcornmeal*. Also, more Q&A at *www.herbcompanion.com/howtomulch.*

nitrogen source, such as agricultural cornmeal, before mulching to help the plant-based mulch break down. Otherwise, the carbon in this type of mulch (such as sawdust, bark and leaves) will rob nitrogen from the soil and stunt the garden's plants. For decomposition, the ideal proportion of carbon to nitrogen (called the C/N ratio) is 25 to 30 parts carbon to 1 part nitrogen.

A mixture of mineral-based materials such as coarse sand, greensand, ground granite, lava rock and oyster shells (used only if your soil is not already alkaline) make excellent mulch for Mediterranean natives such as rosemary, sage and thyme.

Q *What will be conserved by applying mulch to my garden?*

A Mulching conserves energy, water and topsoil. Mulch discourages the growth of annual weeds. It shades the soil from sunlight so that instead of evaporating, moisture will remain around plant roots longer, reducing irrigation expense and the labor of dragging hoses. Wind and rain move unprotected topsoil away from the garden. A layer of mulch provides a buffer against these natural forces.

Mulch can also help restore depleted topsoil. All plants contain the elements from the soil in which they grow. As we harvest vegetables and herbs, pull weeds and rake leaves, we remove these elements from the soil cycle. Alternatively, dead plant materials that are returned to the soil are incorporated in the cycle. Decomposers break the tissues down into organic matter, a brown crumbly substance that serves as a reservoir for elements, friendly microorganisms, water and oxygen that feeds existing and new plants. Plant-based mulch replaces the organic matter void left by weeding, leaf raking and the harvest.

Mineral-based mulch contributes potassium, calcium and many other trace elements, depending on the materials you choose. Plants use the chemical elements contained in water, air, and soil and sunlight (in the process of photosynthesis) to grow tissues. Hydrogen, oxygen and carbon are in the water and air. The majority of the rest of the elements comes from the soil. According to *Rodale's All-New Encyclopedia of Organic Gardening* (Rodale, 1993), more than 60 elements have been found in plant tissues but only 16 have been proven to be essential to plant growth. The major elements are nitrogen (N), phosphorus (P) and potassium (K). Calcium, magnesium and sulfur are the next most-used elements followed by the trace elements iron, manganese, zinc, copper, boron, molybdenum and chlorine.

Both kinds of mulch will contribute large particles called aggregates to improve drainage and loosen compacted soil.

Tina Marie Wilcox has been the head herb gardener at the Ozark Folk Center State Park in Mountain View, Arkansas, since 1984. She also writes Yarb Tales, *a weekly column for the Ozark Folk Center* (www.ozarkfolkcenter.com).

2 Basic Types of Mulch



Plant-based: Straw, pine needles, cottonseed hulls, tree bark, shredded tree leaves
Best for: All gardens
Don't forget: Sprinkle a nitrogen source, such as agricultural cornmeal, on the surface before mulching so that the mulch doesn't rob the soil of the nutrient as it breaks down.



Mineral-based: Coarse sand, greensand, ground granite, lava rock, oyster shells
Best for: Mediterranean natives such as rosemary, sage, thyme and winter savory
Don't forget: Add more of this type of mulch after a heavy rain and during the winter.



Repel Pests Naturally

The ins and outs of herbal options for controlling pesky fleas and ticks.

BY RANDY KIDD, D.V.M.

As a holistic veterinarian, my aim is to help patients gain an inner balance of body/mind/heart/soul within their environment. In my neck of the woods, ticks and fleas are a huge challenge to this balancing act.

A Balanced Approach

No matter what drug or herb I recommend for parasite control, I am always concerned with the balance between safety (a lack of adverse side effects in most, if not all, patients) and efficacy (how effective is this method when used in dozens or hundreds of patients?). Anything that has the potential to kill fleas and ticks also has the potential to harm the animal. Concerning the safety and efficacy of flea and tick control, here are the general guidelines:

• In commercial products, safety depends on the chemicals used in the product, the quality control used in the manufacturing process, and the way the chemical is applied—internally, given as a paste or pill; topically, as a powder, foam, spray, bath or dip; or the long-lasting products supplied as spot-ons or flea/tick collars.

• Commercial products can be extremely effective.



Essential oils can be toxic, especially for cats. Use caution with "flea collars" made by soaking the collar in essential oils, particularly when using essential oil of pennyroyal.

For my patients that have an overwhelming number of fleas, I nearly always need to resort to chemical products, at least initially. Once the parasite numbers are under control, we can often go to our natural parasite-control plan, listed below.

• Herbs are, for the most part, extremely safe. However, even herbal preparations may be toxic to some animals. Powders, sprays, soaps and rinses that use whole herbs are the safest, followed by products that use herbal extracts.

• The relative safety depends somewhat on the method of application. Externally applied, short-acting herbal or chemical products (powders, sprays, foams) are generally the safest, partially because they can be quickly removed by bathing if the animal does have a reaction to them. Shampoos and dips are at least partially absorbed through the skin, so they are more likely to create a toxic reaction, and dips often contain chemicals that have more potential for creating toxicities.

For all topical products, the potential for toxicity is increased if the animal licks and ingests large amounts of the substance. Although the internal products—pills, capsules and the long-acting spot-ons—have proven to be relatively safe, they are not without their problems. I use them with caution, especially with young, old or immune-compromised animals. And I recommend that clients use them only during the season when ticks and fleas are most active.

• Cats are more sensitive than dogs to many of the chemicals contained in flea and tick control products—including the biochemicals contained in herbal products. Kittens are even more sensitive than adult cats. Be extremely careful when using any product on cats and kittens. If the label does not say that it is safe for cats or kittens, do not use it.

Natural Parasite-Control Plan

Build your pet's immune system. Look closely at a household with a number of pets and you'll almost always find one of the bunch that is a flea- and tick-infested mess. Seems that these are the guys that are also the most prone to a host of other diseases—typical symptoms of a compromised immune system. In some cases, all we need to do is rejuvenate the immune system and the parasite load decreases.

Herbal immune helpers include echinacea (*Echinacea* spp.), astragalus (*Astragalus membranaceus*) and eleuthero (*Eleutherococcus senticosus*). I recommend that small amounts of the herb be sprinkled over a pet's food—a pinch or two daily for three weeks during each month. Good nutrition (quality, organic foods that contain no preservatives or other additives) is also beneficial to a lagging immune system, as are vitamins C, E and A.

Reduce contact with the bugs. There are several ways to accomplish this, and the success of any of the methods will depend on how vigilant you are in your approach. Vacuum the floors as often as you can—at least several times a week—



and then either burn the house dust or put a long-lasting chemical flea killer in the vacuum bag to kill the fleas as they emerge. Flea combs should also be used daily to help remove eggs or larvae that are attached to your pet's hair. Wash your pet's bedding at least weekly to remove eggs and larvae. Fleas and ticks tend to congregate in outdoor areas with weeds and brush, so clear the weeds and pests will move to more bug-friendly areas.

Herbal Pest Repellents

Rinse or dip. Select three or four herbs from the following list and mix equal parts of the dried herbs together. Pour boiling water over the mixture and steep until cool. Apply to your pet, leave to dry, and reapply every two to three days as needed. Try rosemary (*Rosmarinus officinalis*), wormwood (*Artemisia absinthium*), pennyroyal (*Mentha pulegium*), tansy (*Tanacetum vulgare*), southernwood (*Artemisia abrotanum*), lavender (*Lavandula angustifolia*) or eucalyptus (*Eucalyptus globulus*).

Powder. To dried pyrethrum flowers (*Chrysanthemum cinerariifolium*), add equal parts of two or three of the dried herbs listed above in "Rinse or dip," and pulverize the herbs into a powder with a mortar and pestle or coffee grinder. Then apply powder liberally to the animal, rubbing into hair so that it reaches the skin.

Herbal oils. Combine equal parts of essential oils such as citronella (*Cymbopogon nardus*), cedarwood, lemongrass (*Cybopogon citratus*) or rosemary. Dilute in water (3 to 5 drops of oil per ounce of water) and use as a dip or rinse.

Decrease the population. Fleas and ticks are difficult to control naturally because they reproduce frequently and prodigiously, they are highly adaptable to both host and environment, and they are physically tough little buggers. Parasite population-control methods can be focused on killing the adults on the host animal, preventing reproduction, keeping the eggs from hatching, killing the young bugs as they emerge from the egg or some combination of all these methods.

I've found that herbs are not especially effective flea or tick killers, and they have almost no effect on the egg or larval stages of the bug. If you want to rely completely on natural means, perhaps the biggest gun is pyrethrum, a natural insecticide that is produced by chrysanthemums. While pyrethrum is by far the safest insecticide, a few critters will still have reactions to it—though these reactions are generally mild and totally reversible in a short amount of time. The other shortcoming with pyrethrum is that its primary mode of action is to knock down the insect, and many of the knocked-out bugs recover after a few hours to live a full and healthy life.

Randy Kidd holds doctorates in veterinary medicine and veterinary and clinical pathology, and practices in Kansas City, Missouri.

Information provided in "Pet Corner" is not intended to replace the advice of a qualified veterinarian.







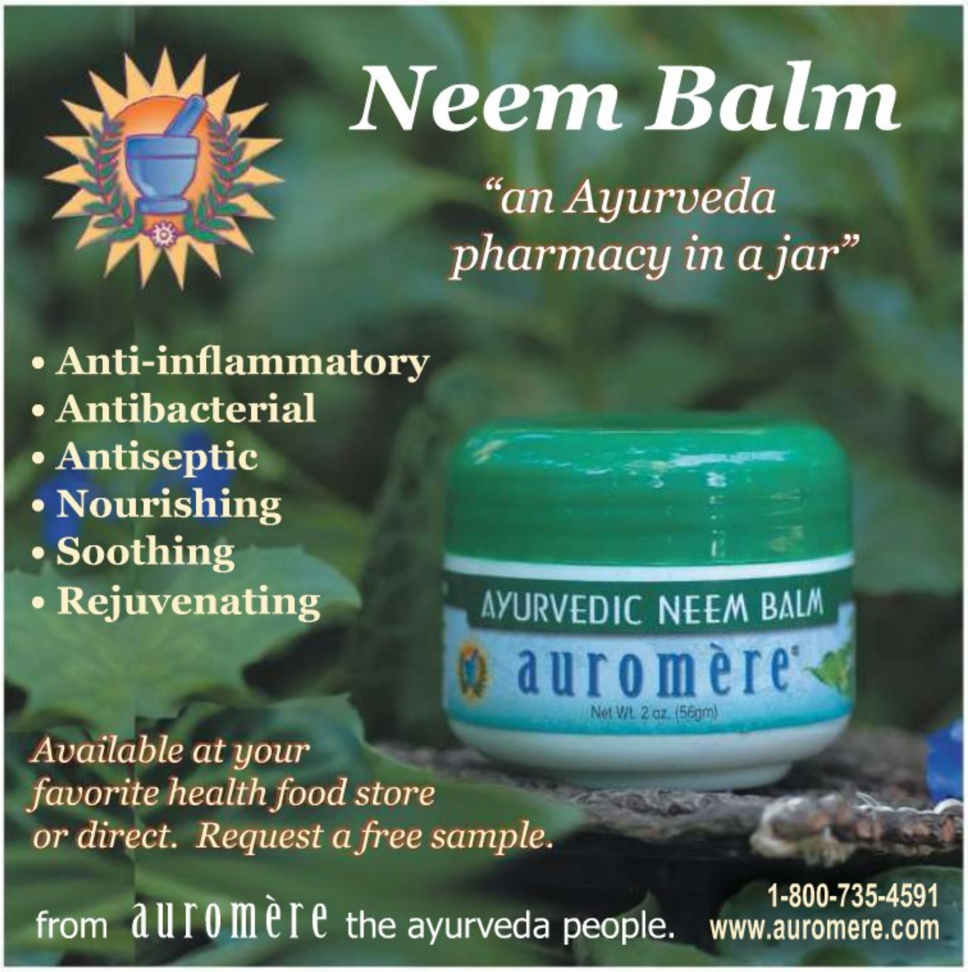












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Tame a Wild Weed

The toothed leaves of epazote taste delicious in chili.

BY DAWNA EDWARDS

Epazote
Chenopodium ambrosioides

Also known as Mexican tea and wormseed

Hardy to Zone 8-9

You won't find epazote in the standard American spice rack, but in regions of Mexico, epazote (*Chenopodium ambrosioides*) is a favorite recipe ingredient. You've undoubtedly tasted its distinctive flavor in the dishes served at your local Mexican restaurant. It's especially common in bean dishes, to ward off gas. Its carminative compounds are believed to reduce flatulence.

Also called Mexican tea and wormseed, epazote belongs to the Chenopodiaceae, or goosefoot, family. Many members of this family are native to North America, but *C. ambrosioides* originated in Central America. Believed to have been used by the Aztecs, epazote made its way to Europe in the 17th century. Now abundant throughout most of the United States and eastern Canada, this herb is sometimes considered a weed due to its self-seeding and easy germination. But with a contained location and some monitoring, epazote is worth growing in the kitchen garden.

In the Garden and Kitchen

An annual in Zones 2-7 and a hardy perennial in Zones 8-9, epazote is native to tropical and subtropical regions. In



David Cavagnaro

Do not ingest epazote seeds or oil; pregnant women should not eat the leaves.

full sun and average, well-drained soil, the herb grows to a height of 2 to 4 feet. The toothed, oval leaves are ready to harvest in 45 to 65 days. Insignificant greenish flowers appear in late summer and fall. Pinch back the plants to encourage bushiness and reduce self-seeding. Or allow the plants to flower and self-seed if you want new plants to grow the following spring. You may want to take steps to avoid having too much epazote in your garden. Since epazote is hardy and self-seeding, tame it with barriers or containers. You can sink large containers in the ground, or grow epazote in a large container on a sunny deck or patio. If you choose the patio route, it will also be easy to access for culinary pursuits.

Unlike its grain cousin, quinoa (*C. quinoa*), epazote's flavor is best described as uniquely pungent. Many say it is an acquired taste, but you simply must try it for yourself to really know the flavor of epazote. Start by adding just a small sprig to a recipe, such as chili. Once you've tried it and liked it, add just one more sprig to experience its full potential. You can add epazote to soups and stews, bean and squash dishes, corn, pork and fish. Try sautéing a sprig with mushrooms or onions. Its flavor also complements cilantro and chiles.

Traditional Uses

Although epazote leaves are commonly used in Mexican cooking, *the seeds and oil should never be ingested.* As one of its common names—wormseed—implies, native Central and South Americans traditionally used this herb to eradicate intestinal worms. In the early 1900s in the United States, the oil commonly was used for controlling internal parasites in humans, cats, dogs, horses and pigs, but by the 1940s, this remedy was replaced with less-toxic treatments as it has caused dizziness, convulsions and even death in doses as little as 10 mL (or less in children) when taken internally. There is no known cure for overdose.

Caution: *Women who are pregnant or nursing should avoid using even the leaves of this herb.*

Sources: Look for dried epazote leaves at specialty spice shops (*www.penzeys.com* is one supplier); Mexican groceries sometimes carry the fresh leaves. Seeds for growing epazote are widely available from many reputable mail-order sources.

Dawna Edwards, a former Herb Companion *editor, is a freelance writer and gardener from Colorado.*



Keep epazote from spreading by growing it in a large container on a sunny patio.

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9 Garden Essentials

This summer, reap what you sow with useful tools, fun kits and stylish gear.





WaterStik by **Fertile Earth**, $14.99
Insert this device into your soil; the color will indicate the watering needs of your herbs. *www.waterstik.com*

Outdoor Pour and Store watering can by **OXO**, $24.99
A rotating spout and removable sprinkler makes this helper easy to stash. Available in blue, green, yellow and fuchsia. *www.oxo.com*



Short-handled hoe by **Rogue Hoe**, $20.95
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Herb markers by **The Spoon Sisters**, $26.50
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Paisley Gauntlet Gloves by **Womanswork**, $26
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Matchstick Garden by **The Matchstick Garden**, $2.50
This is an easy (and adorable) way to garden. To grow herbs, simply tear out a matchstick and plant tip-first in soil. *www.matchstickgarden.com*



CobraHead Long Handle by **CobraHead**, $59.95
Use for cultivating, weeding, scalping, furrowing, raking, de-thatching, edging and maintaining compost beds. It's also useful for gardeners with bad knees. *www.cobrahead.com*

Scrub Boot by **The Original Muck Boot Company**, $84.95 to $89.95
These waterproof, rubber-soled gardening boots keep warmth in and cold out. *www.muckbootcompany.com*





Original Mulch Block by **Element 6 Products**, $8.99
Add water to expand this lightweight block of coconut husk and fiber mulch five-fold. *www.originalmulchblock.com*

3 Products to Baby Your Body



Ayurvedic Neem Balm by **auromère**, $17.50
This balm is antiseptic, anti-inflammatory and antibacterial. *www.auromere.com*



Wild Poppy Seed After the Garden Goat Milk Soap Bar by **Beekman 1802**, $10
Ingredients include goat milk; poppy seeds, which help scrub gardening hands; and essential oils. *www.beekman1802.com*

Citronella sunscreen by **California Baby**, $19.99
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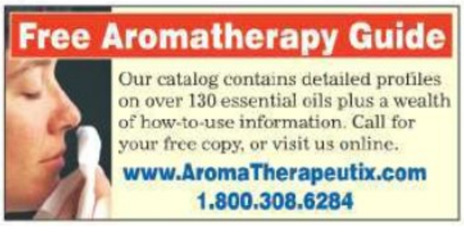


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Circle #8; see card pg 51

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